

SEPTEMBER 2013



City-Wide

Fifty Plus *Recreation for the Fifty-Plus Generation*

Lynchburg Parks & Recreation ~ 434-455-5858

www.lynchburgva.gov/parksandrec

Celebrating

NATIONAL SENIOR CENTER MONTH

Please join us at the

Templeton Senior Center Open House



Friday, September 6

9:30 - 11:30 am

Continental Breakfast, Door Prizes,
Music w/ Sandy Mills, Displays, Games
Silent Auction and More

9:45 Proclamation Presentation with
Mayor Michael Gillette

Final Summer Concert

Templeton Center

W.D. and Company

**Saturday,
September 14
7:00 - 8:30 pm**

Hits from the 50's, Bluegrass.
Gospel and More.

EXPAND YOUR HORIZONS

\$ Computer Basics

Learn to navigate the keyboard, make simple documents, cut/paste, and email your friends the latest family photo. Bring your own lap top computer, if possible. (4 classes)

Instructor: Sarah Compton

Register and pay by 9/13.

Templeton Senior Center

Fee: \$30.00 LR \$20.00

Activity #: 73004.313

<u>Day</u>	<u>Date</u>	<u>Time</u>
M & W	9/16-9/25	10:30 - 11:45 am

\$ Conversational Spanish Class

Learn basic Spanish to use when traveling or in your community. (6 classes)

Instructor: Jorge Lazo

Register and pay by 9/19.

Fee: \$42.00 L R \$28.00

Templeton Senior Center

Activity #: 73004.310

<u>Day</u>	<u>Date</u>	<u>Time</u>
M	9/23-10/28	6:00 - 7:00 pm

☎ Experiencing Cuba

Ever wonder what has been going on in Cuba since the borders have been closed to tourists? Nita and Bob Hempfling will share their experiences on a trip into this previously inaccessible country.

Templeton Senior Center

Activity #: 73004.311

<u>Day</u>	<u>Date</u>	<u>Time</u>
Th	9/26	10:30 - 11:30 am



\$ Advance payment required for registration. ☎ Advance registration, call 455-4115 or number listed with activity.

Payment, if required, accepted onsite. Evening/weekend activities & times identified in "**OLIVE**" throughout the newsletter.

City of Lynchburg Residents...Look for the "LR" symbol to find your discounted fee.

Live and Learn

Classes and other Opportunities.

\$ Line Dancing: Basics and Beyond

Learn some new line dances and brush up on the basics while you get a good cardio workout. No class 9/18.

Instructor: Karen Bridgett
Register and pay by first class.

Fee: \$30.00 LR \$20.00

Fairview Center

Activity #: 63300.312

Days	Dates	Time
W	9/4-10/16	10:30 -11:20 am

\$ Bridge Class: Intermediate

Continue learning the game of bridge. This class is for people who have had playing experience, but want additional instruction. (6 wks)

Instructor: Phyllis Moldenke

Register and pay by 9/6.

Fee: \$49.00 LR \$34.00

Templeton Senior Center

Activity #: 74002.311

Days	Dates	Time
M	9/9-10/14	9:30 -11:30 am

\$ Bridge Class: Advanced

Improve your game and learn the finer points of bridge. Previous playing experience is a must!

Instructor: Ed Moldenke

Register and pay by 9/6.

Fee: \$49.00 LR \$34.00

Templeton Senior Center

Activity #: 74002.310

Days	Dates	Time
M	9/9-10/14	9:30 -11:30 am

** Bridge practice time & space available on Tuesdays & Thursdays 9:30 -11:30 at Templeton

Financial Planning: It's Never Too Late!

James Arnold will cover a variety of financial planning including creating a budget, saving money, planning for college, taxes, retirement, insurance and time for you to ask questions.

Register for lunch by 9/10.

Fee:\$3.00. Call 847-1409

Diamond Hill Center

Day	Date	Time
Th	9/12	11:00 am -1:00 pm

\$ Line Dancing: Irish Dancing Above the Rainbow

Have fun Line Dancing to Irish music/Dancing Above the Rainbow.

Receive step-by-step instructions & handouts for each dance. (6 wks)

Instructor: Linda Parker

Register and pay by 9/6.

Fee: \$30.00 LR \$20.00

Templeton Senior Center

Activity #: 74100.310

Days	Dates	Time
Tu	9/10-10/15	7:15 - 8:15 pm

Vision Services Program

Jackie Bokan, from the VA Depart. for the Blind and Vision Impaired will discuss the agency and services available. Learn about common eye conditions, loss of vision and view some assistance devices. Program arranged through Interfaith Outreach Association

Templeton Senior Center

Day	Date	Time
Tu	9/17	10:30 - 11:30 am

AARP Driving Class

This eight-hour, driving refresher course, geared to the older driver develops skills to enhance performance and safety. Check with your agent about a rate reduction!

Instructor: Ray Mueller

Register by 9/16. AARP

Members\$12.00; Non-Members

\$14.00 Payable onsite to AARP.

Templeton Senior Center

Activity #: 74001.310

Days	Dates	Time
W & Th	9/18 & 19	9:00am - 1:00pm

Thomas Jefferson's Health Care Advice

Dr. Joe Ponds explores Thomas Jefferson's advice for a lifestyle that promotes good health and longevity and details how his gardens provided the majority of his personal health care needs.

Register by 9/17.

Templeton Senior Center

Activity #: 73003.312

Day	Date	Time
Th	9/19	10:30 -11:30 am

Fall Prevention Program

Beth Golden, with the Brain Injury Assoc. of VA shares information to help you be proactive and reduce fall-related injuries. Stay for lunch following the program. See p.3 for lunch details.

Templeton Senior Center

Day	Date	Time
Tu	9/24	10:30 - 11:15 am

\$ Lunch & Learn:

Understanding Hospice

What is Hospice and how can it help you and those you love? Learn about the services and benefits of Centra Hospice and what options are available. Register & pay by 9/23.

Lunch Fee \$3.00.

Fairview Center

Activity #: 63400.310

Day	Date	Time
W	9/25	11:00 am -1:00 pm

ART CLASSES

\$ Introduction to Easy Painting: Acrylics & Oils

Explore the characteristics of acrylics and oils as you learn the techniques of blending and applying these mediums. Students should bring their own brushes and an inexpensive set of acrylics and a set of oils. Canvases provided.

Instructor: Betty Leary

Register and pay by 8/28.

Fee: \$55.00 LR \$40.00

Fairview Center

Activity #: 63600.310

Day	Date	Time
Tu	9/3-9/24	10:00 am -12:00 pm

\$ Acrylics: Open Studio

Join us in an open studio for guided instruction. Bring your art work, brushes and develop your painting skills. (6 wks)

Instructor: Betty Leary

Fee: \$55.00 LR \$40.00

Templeton Senior Center

Register and pay by 9/4.

Activity #: 74400.310

Days	Dates	Time
Tu	9/10-10/15	6:30 - 8:30 pm

\$ Tips and Tricks for Oil Painters

Bring a favorite photo or picture to recreate. 16" X 20" canvas provided. Betty will be available to assist and critique. Students should bring their own brushes and paint sets. (6 wks)

Instructor: Betty Leary
Register and pay by 9/5.
Fee: \$63.00 LR \$48.00
Templeton Senior Center

Activity #: 74400.311

Days	Dates	Time
M	9/9-10/14	6:30 - 8:30 pm

\$ Beginning Watercolors

Discover the basics of layer, blending and building depth in your paintings. Learn different techniques and how to correct mistakes. Beginners only. Register and pay by 9/9. (6 wks)

Instructor: Betty Leary
Fee: \$75.00 LR \$60.00
Templeton Senior Center

Activity #: 74401.310

Days	Dates	Time
Th	9/12-10/17	6:30 - 8:30 pm

\$ Oil Painting Basics with Rodney

Learn to mix colors and incorporate basic design elements as you paint the scenic James River.

Instructor: Rodney Laughon
Register and pay by 9/13.

Fee: \$45.00 LR \$30.00
Templeton Senior Center

Activity #: 74400.315

Day	Date	Time
Tu	9/17	1:00 - 4:00 pm



SPECIAL INTEREST

☎ Meet the Author- Marie Colligan

Marie Colligan is a gifted writer of romance novels, her latest of which is 'Marcel's Gift'. She also leads the local Writer's Group which meets at the Fairview Center.

Templeton Senior Center

Activity #: 73003.311

Day	Date	Time
Tu	9/10	10:30 - 11:30 am

Current Issues & Events

Dr. Jim Campbell leads this interactive group as they discuss hot topics and news worthy events.

Templeton Senior Center

Days	Dates	Time
W	9/11 & 9/25	10:30 - 11:30 am

Literature for Life

Leader, Dr. Jim Campbell, explores a variety of American Literature and poetry. New comers are always welcome.

Templeton Senior Center

Day	Date	Time
Th	9/12	10:30 - 11:30 am

New Chapter Book Group

To Kill A Mockingbird is this month's read. Harper Lee's book is a Pulitzer prize winning modern classic. Set in Alabama during the 1930's, it pulses with life, memorable characters and a moral crisis which rocks this Southern community.

Meets at: The Drowsy Poet at Given Book Store, 2236 Lakeside Dr.

Day	Date	Time
M	9/23	10:00 - 11:30 am

☎ Golden Gourmet @ China Super Buffet

Bring a friend, or make new ones, while enjoying local food and having a laugh or two. Bring a humorous story or joke to share (optional).

Meet at: China Super Buffet, 3412 Waterlick Rd.

Register by 9/24. Call 455-4115.

Day	Date	Time
F	9/27	11:30 am - 1:30 pm

Just for Fun

Putt Putt Miniature Golf

Enjoy a morning of fun, exercise and friendly competition on the green.

Fee: \$3.00 / 2 Games,

Putt Putt Fun Center, 8105 Timberlake Rd

Days	Dates	Time
M	9/2-9/30	9:00 - 11:00 am

Balloon Volleyball/Apple Surprise

Laugh it up with a lively game of chair balloon volleyball. Enjoy friendly team competition in a seated position and a surprise treat featuring apples after the game.

Templeton Senior Center

Day	Date	Time
Tu	9/3	10:30 - 11:30 am

Laughter Leads to Healthy Living

Denise Scruggs, Director of the Beard Center on Aging, will share the many benefits of laughter and give you tips on how to bring more joy into your life.

Templeton Senior Center

Day	Date	Time
Th	9/5	10:30 - 11:30 am



Game Day Fun

Bring in your favorite game to teach to others. Make it a fun day of learning something new!

Fairview Center

Day	Date	Time
F	9/13	10:30 - 11:30 am

BINGO

Bring 2 UNWRAPPED gifts to be used as prizes.

Fairview Center

Day	Date	Time
W	9/18	10:30 - 11:30 am

\$ Spaghetti Luncheon

Enjoy a hardy serving of fresh, hot spaghetti along with salad, garlic bread, drink and dessert.

Register and pay for lunch by 9/20. Fee: \$4.00.

Templeton Senior Center

Activity #: 73000.310

Day	Date	Time
Tu	9/24	11:30 am - 12:30 pm

Popcorn and Comedy

Start your day off with a classic movie and enjoy some laughs and some fresh, hot popcorn.

Fairview Center

Day	Date	Time
F	9/27	10:30 - 11:30 am

September 2013 Calendar of Events

Lynchburg Parks and Recreation
434-455-5858

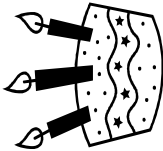
Happy Birthday

Center & Office Location Key		Phone	Days	Hours	Sports & Activities Location Key				
DIH- Diamond Hill , 1005 17 th Street F- Fairview, 3621 Campbell Ave. Main Office- 2704 Concord Turnpike T- Templeton Senior Center, 225 Wiggington Road		847-1409 847-1751 455-5858 455-4115	2 nd & 4 th Th M & W & F M – F Tu & Th Additional days as listed	11:00 am - 1:00 pm 9:30 am – 1:00 pm 8:30 am – 5:00 pm 9:30 am - 12:30 pm Additional hours as listed	FHBC - Fort Hill Bowling Center, 6015 Fort Ave. HUMC – Heritage United Methodist Church, 582 Leesville Road PVP – Peaks View Park, Ardmore Drive entrance PPFC -Putt Fun Center, 8105 Timberlake Road JH- Jackson Heights, Art Studio, 720 Winston Ridge Road				
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	Centers and City Offices Closed for the Holiday 12:30 Bridge Club only - T	3	8:15 Yoga Class – T 9:00 Pickleball – Fairview Center-Tennis Courts 9:30 Free Video Chair Exercise, Cards & Games – T 10:00 Intro to Easy Painting: Acrylics & Oils # 1-F 10:30 Balloon Volleyball/Apple Surprise– T 12:00 Zumba at Noon - T 1:00 Bowling – FHBC Sculpt & Tone Exercise Class – T 6:00 Zumba Fitness – F 7:00 Writer's Group - F	4	9:00 Softball – PVP Field # 1 9:30 Ceramics, Billiards & Games – F 10:30 Line Dance # 1 – F 10:30 Fairview Friends Meeting - F 11:30 Fairview Fitness – F 1:00 Comhole Fun - T 5:00 Zumba Exercise Class – T 7:00 Bridge Club - T	5	9:30 Free Video Chair Exercise Class– T 9:30 Mahjong, Cards & Games -T 10:30 Laughter Leads to Healthy Living- T 12:00 Zumba at Noon – T 2:00 Pickleball – HUMC Gym 6:00 Sculpt & Tone Exercise Class – T 6:00 Zumba Fitness – F	6	9:00 Softball – PVP Field # 1 9:30 Canasta, Cards & Games – T 9:30 Open House - T 9:30 Free Video Chair Exercise Class - T 9:30 Ceramics, Billiards & Games – F 10:00 Bridge Club – T 11:30 Fairview Fitness – F
9	9:00 Putt Putt -PPFC 9:30 Cards & Billiards – F 9:30 Free Video Chair Exercise Class -T 9:30 Intermediate Bridge Class # 1- T 9:30 Advanced Bridge Class # 1 -T 11:30 Fairview Fitness – F 12:30 Bridge Club – T 5:00 Zumba Exercise Class – T 6:00 Adult Ballet for Flexibility # 5- T 6:30 Tips & Tricks for Oil Painters # 1 -T	10	8:15 Yoga Class – T 9:00 Pickleball – Fairview Center-Tennis Courts 9:30 Free Video Chair Exercise, Cards & Games – T 10:00 Intro to Easy Painting: Acrylics & Oils # 2 -F 10:30 Meet the Author-Marie Colligan – T 12:00 Zumba at Noon - T 1:00 Bowling – FHBC Sculpt & Tone Exercise Class – T 6:00 Zumba Fitness – F 6:30 Acrylics: Open Studio # 1 -T 7:00 Writer's Group - F 7:15 Line Dance/Irish Dance - # 1 -T	11	9:00 Softball – PVP Field # 1 9:30 Ceramics, Billiards & Games – F 10:30 Current Issues and Events – T 10:30 Line Dance # 2 – F 10:30 Introduction to Ceramics – F 11:30 Fairview Fitness – F 1:00 Comhole Fun - T 5:00 Zumba Exercise Class – T 7:00 Bridge Club - T	12	9:30 Free Video Chair Exercise, Cards & Games – T 9:30 Mahjong -T 10:30 Literature for Life -T 11:00 Financial Planning- DH 12:00 Zumba at Noon – T 2:00 Pickleball – HUMC Gym 6:00 Sculpt & Tone Exercise Class – T 6:00 Zumba Fitness – F 6:30 Beginning Watercolors # 1 -T	13	9:00 Softball – PVP Field # 1 9:30 Canasta, Cards & Games – T 9:30 Free Video Chair Exercise Class – T 9:30 Ceramics, Billiards & Games – F 10:30 Game Day Fun- F 10:00 Bridge Club – T 11:30 Fairview Fitness – F 7:00 – 8:30 pm Concert at Templeton – W.D & Company
16	9:00 Putt Putt -PPFC 9:30 Cards & Billiards – F 9:30 Free Video Chair Exercise Class -T 9:30 Intermediate Bridge Class # 2- T 9:30 Advanced Bridge Class # 2 -T 10:30 Computer Basics # 1 – T 11:30 Fairview Fitness – F 12:30 Bridge Club – T 5:00 Zumba Exercise Class – T 6:00 Adult Ballet for Flexibility # 6- T 6:30 Tips & Tricks for Oil Painters # 2 -T	17	8:15 Yoga Class – T 9:00 Pickleball – Fairview Center-Tennis Courts 9:30 Free Video Chair Exercise, Cards & Games – T 10:00 Intro to Easy Painting: Acrylics & Oils # 3-F 10:30 Vision Services Program- T 12:00 Zumba at Noon – T 1:00 Bowling – FHBC 1:00 Oil Painting Basics/w Rodney- T 6:00 Sculpt & Tone Exercise Class – T 6:00 Zumba Fitness - F 6:30 Acrylics: Open Studio # 2 -T 7:00 Writer's Group - F 7:15 Line Dance/Irish Dance - # 2 -T	18	9:00 Softball – PVP Field # 1 9:00 AARP Driving Class Day 1- T 9:30 Ceramics, Billiards & Games – F No Line Dance - F 10:30 Computer Basics # 2 – T 10:30 Bingo– F 11:30 Fairview Fitness – F 1:00 Comhole Fun - T 5:00 Zumba Exercise Class – T 7:00 Bridge Club – T	19	9:00 AARP Driving Class Day #2- T 9:30 Free Video Chair Exercise Class– T 9:30 Mahjong, Cards & Games -T 10:30 Thomas Jefferson's Health Care Advice –T 12:00 Zumba at Noon – T 1:00 Pickleball Clinic Day # 1- HUMC 2:00 Pickleball – HUMC Gym 6:00 Sculpt & Tone Exercise Class – T 6:00 Zumba Fitness – F 6:30 Beginning Watercolors # 2 -T	20	9:00 Softball – PVP Field # 1 9:30 Canasta, Cards & Games – T 9:30 Free Video Chair Exercise Class -T 9:30 Ceramics, Billiards & Games – F 10:00 Bridge Club – T 10:30 Fall Wreath – F 11:30 Fairview Fitness – F
23	9:00 Putt Putt -PPFC 9:30 Cards & Billiards – F 9:30 Free Video Chair Exercise Class -T 9:30 Intermediate Bridge Class # 3- T 9:30 Advanced Bridge Class # 3 -T 10:00 New Chapter Book Group - Drowsy Poet 10:30 Computer Basics # 3 – T 11:30 Fairview Fitness – F 12:30 Bridge Club – T 12:30 Archery 101 – F 5:00 Zumba Exercise Class – T 6:00 Conversational Spanish # 1- T 6:30 Tips & Tricks for Oil Painters # 3 -T	24	8:15 Yoga Class – T 9:00 Pickleball – Fairview Center-Tennis Courts 9:30 Free Video Chair Exercise, Cards & Games – T 10:00 Intro to Easy Painting: Acrylics & Oils # 4 -F 10:30 Fall Prevention Program-T 11:30 Spaghetti Lunch -T 12:00 Zumba at Noon – T 1:00 Bowling – FHBC 6:00 Sculpt & Tone Exercise Class – T 6:00 Zumba Fitness - F 6:30 Acrylics: Open Studio # 3 -T 7:00 Writer's Group – F 7:00 Beading with Jamie – T 7:15 Line Dance/Irish Dance - # 3 -T	25	9:00 Softball – PVP Field # 1 9:30 Ceramics, Billiards & Games – F 10:30 Current Issues and Events – T 10:30 Line Dance # 3 – F 10:30 Computer Basics # 4 – T 11:00 Lunch & Learn:Understanding Hospice– F 11:30 Fairview Fitness – F 1:00 Comhole Fun - T 5:00 Zumba Exercise Class – T 7:00 Bridge Club - T	26	9:30 Free Video Chair Exercise Class– T 9:30 Mahjong, Cards & Games -T 10:30 Experiencing Cuba – T 12:00 Zumba at Noon – T 1:00 Pickleball Clinic Day # 2- HUMC 2:00 Pickleball – HUMC 6:00 Sculpt & Tone Exercise Class – T 6:00 Zumba Fitness – F 6:30 Beginning Watercolors # 3 -T	27	9:00 Softball – PVP Field # 1 9:30 Canasta, Cards & Games – T 9:30 Free Video Chair Exercise Class -T 9:30 Ceramics, Billiards & Games – F 10:00 Bridge Club – T 10:30 Popcorn and Comedy– F 11:30 Fairview Fitness – F 11:30 Golden Gourmet @ China Super Buffet
30	9:00 Putt Putt -PPFC 9:30 Cards & Billiards – F 9:30 Free Video Chair Exercise Class -T 9:30 Intermediate Bridge Class # 4- T 9:30 Advanced Bridge Class # 4 -T 11:30 Fairview Fitness – F 12:30 Bridge Club – T 6:00 Conversational Spanish # 2- T 6:30 Tips & Tricks for Oil Painters # 4- T	Many classes and activities are open to younger adults. Call the location for more information. 📞							

National Senior Center Month

Lynchburg Parks and Recreation providing

Recreation for the Fifty Plus Generation



Register online for activities and classes. To set-up your “User Account” go to: www.lynchburgva.gov/parksandrec click on Register Online.

Health and Fitness

FREE Video Chair Exercise Class

Exercise is a great way to look and feel better. Stop by the Center and check out this 45-minute workout. You'll be surprised how beneficial this video chair exercise program can be! Templeton Senior Center

Days	Dates	Time
M, Tu, Th & F	9/3-9/30	9:30 -10:15 am

\$ Fairview Fitness

Enjoy low-impact, self-paced classes led by a certified instructor.

Instructor: Jan Baker

Register and pay monthly.

Fee: \$36.00 LR \$24.00

Fairview Center

Activity #: 63300.310

Days	Dates	Time
M, W & F	9/4-9/30	11:30 am - 12:20 pm

\$ Zumba-Exercise Class

A great cardio workout using interval training with easy to follow dance moves to upbeat Latin rhythms.

Instructor: Kirstin Eubank

Register and pay monthly.

Fee: \$36.00 LR \$24.00

Templeton Senior Center

Activity #: 74208.310

Days	Dates	Time
M & W	9/4-9/30	5:00 – 5:45 pm

\$ Zumba at Noon

Move your feet to a Latin beat for a fun cardio workout that will tone and trim your body. Zumba incorporates a great cardio workout with Latin rhythms and easy to follow moves.

Instructor: TBA

Register and pay monthly.

Fee: \$36.00 LR \$24.00

Templeton Senior Center

Activity #: 74208.310

Days	Dates	Time
Tu & Th	9/3-9/26	12:00 - 12:45 pm

\$ Yoga

Yoga is controlled exercise that combines stretching, breathing, and holding postures.

Instructor: Debbie Ladd

Register and pay monthly.

Fee: \$36.00 LR \$24.00

Templeton Senior Center

Activity #: 74203.310

Days	Dates	Time
Tu	9/3-9/24	8:15 - 9:05 am



\$ Sculpt and Tone

This exercise class begins with a great cardio workout then focuses on trimming and toning using weights, bands, steps, and mats.

Instructor: TBA

Register and pay monthly.

Fee: \$36.00 LR \$24.00

Templeton Senior Center

Activity #: 74209.310

Days	Dates	Time
Tu & Th	9/3-9/26	6:00 - 7:00 pm

\$ Zumba Fitness @ Fairview

Move your feet to a Latin beat for a fun cardio workout to tone and trim.

Instructor: Kirstin Eubank

Register and pay monthly.

Fee: \$36.00 LR \$24.00

Fairview Center

Activity #: 63300.310

Days	Dates	Time
Tu & Th	9/3-9/26	6:00 – 6:45 pm

Sports

\$ Fifty Plus Archery 101

Learn the basic techniques of archery including parts of the bow, shooting form, and the layout of the range.

Archery is a sport that can be practiced by virtually anyone. All equipment provided. This class is a pre-requisite for all other archery classes offered.

Instructor: Kaleb VanDePerre

Register and pay by 9/20.

Fee: \$38.00 LR\$ 25.00

Fairview Center Field

Activity #: 73708.310

Day	Date	Time
M	9/23	12:30 - 3:00 pm



Bowling

Enjoy weekly recreational bowling without the commitment of league attendance and play.

Game Fee: \$1.25/game plus tax

Fort Hill Bowling Center

6015 Fort Avenue

Days	Dates	Time
Tu	9/3-9/24	1:00 - 3:00 pm



\$ Pickleball

One activity, two great locations! Discover the fun of Pickleball, a racquet sport which combines elements of badminton, tennis, and table tennis. Enjoy outdoor play at the tennis courts at the Fairview Center on Tuesdays from 9:00 -11:00 am. Thursday play remains at Heritage United Methodist Church Gym from 2:00 - 5:00 pm.

Register and pay monthly on site.

Fee: \$10.00

Heritage United Methodist Church Gym, 582 Leesville Road

Fairview Center tennis courts, 3621 Campbell Ave.

Activity #: 74206.310

Days	Dates	Time	Location
Tu	9/3-9/24	9:00 -11:00 am	Fairview
Th	9/5-9/26	2:00 - 5:00 pm	HUMC

\$ Pickleball Clinic

Learn the basics of Pickleball, a racket sport which combines elements of badminton, tennis and table tennis. This easy to learn game is ideal for Fifty Plus participants.

Register and pay by 9/17.

Fee: \$5.00

Activity #: 73704.311

Days	Dates	Time
Th	9/19 & 9/26	1:00 -2:00 pm

\$ Softball

Join other softball enthusiasts, stay in shape, and have fun while enjoying some friendly competition. Co-ed. All skill levels are welcome.

Register and pay monthly.

Fee: \$10.00

Peaks View Park, Field # 1

Activity #: 73702.310

Days	Dates	Time
W & F	9/4-9/27	9:00 - 11:00 am

Create & Craft

Ongoing Ceramics @ Fairview

Fee: \$5.00 Register and pay monthly.

Days Dates Time
W & F 9/4-9/27 9:30 – 11:30 am

Introduction to Ceramics

Learn the basics of pouring, cleaning, and painting/glazing a ceramic piece, as well as, mold use and firing. Put your new skills to use as you work on your project. All supplies provided. Register and pay by 9/6. Fee: \$10.00 Fairview Center

Activity #: 63600.312

Day Date Time
W 9/11 10:30 am -12:00 pm

\$ Fall Wreath Craft

Create a beautiful wreath, using flowers in the colors of fall to adorn your door for the season. Register & pay by 9/16. Fee \$10.00. Fairview Center

Activity #: 63600.311

Day Date Time
F 9/20 10:30 -11:30 am

\$ Beading with Jamie

Learn beading techniques including terms, bead selection, and composition as you design your own beautiful piece of jewelry. Instructor: Jamie Carlund Register & pay by 9/19. Fee: \$10.00 Templeton Senior Center

Activity #: 74404.310

Day Date Time
Tu 9/24 7:00 - 8:00 pm

Mail-In Registrations

In order to be registered for a class or activity requiring advance registration and payment (as indicated by \$) a completed & signed registration form must accompany your payment. You may complete the form on this page and send it with your payment to:

**Lynchburg Parks & Recreation
Templeton Center**

**225 Wiggington Road
Lynchburg, VA 24501**

Registrations are also accepted at the Templeton Senior Center and at any of the Parks and Recreation Centers.

Lynchburg Parks and Recreation



MAIL - IN REGISTRATION & PAYMENT FORM

For classes & activities that require advance registration & payment

Make checks payable to: City of Lynchburg

Name: _____

City of Lynchburg Resident: () Yes () No

Address: _____

Home Phone: _____

Work Phone: _____

Cell Phone: _____

Activity Title	Start Date	Activity Number	Fee or Lynchburg Resident \$\$
			Total \$

Participation Agreement with 911 Release

In consideration of the permission granted to me/my child by Lynchburg Parks & Recreation Department, being fully aware and understand any risks and dangers that are associated with said activities; it is still my decision to participate/allow my child to participate in such activity(ies). I hereby release and hold harmless the City of Lynchburg, its officers, employees and volunteers from all actions, causes of action, damages and claims, or demands which I, my heirs, executors, administrators, or assigns may have against the City of Lynchburg, and/or other described parties for all personal injuries known or unknown incurred by participation in this/these activity(ies). *In the event of a medical emergency, I authorize representatives of Lynchburg Parks & Recreation to contact EMS at 911, if I or my child is incapacitated. In the event I or my child requires medical treatment, I agree to be responsible for the cost of such treatment.*



Signature of Participant or Parent/Legal Guardian (**REQUIRED**): _____ Date: _____

Photo Release

I grant the City of Lynchburg permission to use my/my child's likeness and name in any official communications materials. Materials may include but are not limited to news releases, publications, videos, billboards, television, and social media. I, the undersigned, have read this release and understand all its terms.



Signature of Participant or Parent/Legal Guardian (**REQUIRED**): _____ Date: _____

There is no time like the present to...
TRY SOMETHING NEW or PLAY IT AGAIN!

Mahjong

Enjoy this Chinese tile game of luck, strategy, and skill. Played similarly to Gin Rummy, this game is a great way to exercise your brain. Beginners welcome.
Templeton Senior Center

<u>Days</u>	<u>Dates</u>	<u>Time</u>
Th	9/5-9/26	9:30 am - 12:30 pm

Canasta

Have fun and exercise your brain as you play this popular card game. New players and beginners are always welcome.
Templeton Senior Center

<u>Days</u>	<u>Dates</u>	<u>Time</u>
F	9/6-9/27	9:30 - 11:30 am

Pinochle Players Wanted!

Pinochle is a trick-taking card game typically for two to four players and played with a 48 card deck. Each hand is played in three phases: bidding, melds, and tricks. Interested players and beginners are welcome to play at the Templeton Center on Friday mornings from 9:30 -11:30 am. Call 455-4115 and let us know if you are interested.

Newsletter Donations

Over 800 copies are printed each month for distribution at designated locations.

Every donation to the newsletter fund helps to ensure the continuation of the *Fifty-Plus* newsletter.
Thank you to Ruth Pahel for her recent donation.



225 Wigginton Road, 455-4115



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- Central Virginia Area Agency on Aging 12th & Madison Streets
- Beard Center on Aging, Lynchburg College
- Forest Library
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www.lyncburgva.gov/parksandrec

2704 Concord Turnpike
Lynchburg, Virginia

434-455-5858

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455-4115 Templeton Senior Center

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Lynchburg Parks & Recreation Department complies with the Americans with Disabilities Act for qualified individuals. If reasonable accommodation is needed, please tell us upon registering and at least 10 days prior to the class or event.